

The One Question Relationship Test

Think of a recurring problem you have with your partner. Like a 'crabgrass' kind of problem - it just won't go away no matter what you seem to do.

For this exercise, we will focus just on one side of the problem: A repeating problem your partner has with you. It might be a parenting problem... a spending problem... an affection problem... a communication problem... a respect problem, etc.

Now choose one issue and imagine how your partner wishes you would be in those circumstances. Get really specific. What do you think they want you to do? Or say? What is the attitude they wish you had?

Then check it out. Ask them if your guesses are correct. (They will love you for doing this.)

Get really clear about what they desire from you. Ask them how important it is for you to be that way on a 1-10 scale with 1 as 'not important at all'.

Listen carefully and non-defensively.

Now you are ready for the *One Question Relationship Test*.

Do you aspire to be the way your partner wishes you would be in that situation?

Or think about it this way... if you were coming from your higher self with intention and integrity, would you aspire to be the way your partner wishes you would be?

This question is about your values. Aspirations are about values, not behavior. Our behavior then reflects those values. Decide if your partner's vision matches how you aspire to be when the problem shows up.

If you each stay curious, you can have some interesting discussions about values and how each of you aspires to be when these crabgrass problems show up.

The above is the one question that can make a huge positive difference in your relationship.

You can actually take this a step further.

How do each of you aspire to be when you have challenging discussions?

If each of you aspires to be similar to the other, for example, open-minded, curious, and listening, then congratulations on breaking through some tough communication problems. You won't be letting emotions rule the conversation like just about every other couple on the planet.

If not, there's yet another opportunity to learn more about the other person and the 'why' that drives them.

Getting, understanding and working with that deeper 'why' insight is simply called **relationship growth**.

With these tips, you will be on the way to exceptional conversations and an exceptional relationship.

Good luck,

Pete at The Couples Institute